**Make Your Move Internal Company Sample Emails**

Subject: Our Company is Making Moves towards Improved Health & Wellbeing – Join Our Team!

We are excited to announce that our company is taking part in Make Your Move, a 4-week Corporate Wellness Challenge coming this May! This challenge is a fun way to add motivation to improve your health, while helping our company be recognized for supporting a culture of wellness in the workplace.

The 4-week challenge starts May 2, but we encourage you to join our team today and help us make moves to rise to the top of the company leaderboard. This fun, community competition is focused on making strides toward better overall health and wellbeing, and our company team can’t do it without YOU! By joining, you’ll have the chance to earn points for completing activities and healthy tasks to earn a spot in weekly and grand prize drawings.

Don’t hesitate! Set your intentions for a bright, healthy future by joining Make Your Move today. As a team, let’s take on the competition and show off that we are making daily moves to be the best version of ourselves.

[Join our company team and Make Your Move!](https://www.makeyourmovechallenge.com/join-company-team.html)

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Subject: Are you ready to WIN in the Make Your Move Challenge?

Make Your Move starts May 2nd! We encourage you to sign up on our company team and join the effort to improve overall health and wellbeing. If you haven’t done so yet, click below and sign up for your free account and mobile app to participate in this fun 4-week Corporate Wellness Challenge.

While our goal is to rise to the top of the company leaderboard, remember that you will also have the chance to compete as an individual to earn entry into weekly and grand prize drawings. To compete, join our company team then log daily Movement Minutes, complete weekly wellness tasks and, if desired, share photos or comments of inspiration for bonus points along the way.

[Join Make Your Move today](https://www.makeyourmovechallenge.com/join-company-team.html) for a chance to bring home prizes for yourself and our company!

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Subject: Join our Company Team and Make Your Move to Be the Best Version of Yourself!

The Make Your Move Corporate Wellness Challenge is designed to help you make your *own* unique moves toward better wellbeing. In this 4-week challenge event, you’ll improve your own health and wellbeing while having fun in the process…all while helping our team earn points! From your choice for daily Movement Minutes and trying new healthy recipes, to honing your meal planning skills and unplugging from technology, you can make your OWN moves toward better health.

[Sign up](https://www.makeyourmovechallenge.com/join-company-team.html) today to start making moves toward the best YOU.

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Subject: Get Expert Help to Improve Your Health and Join Our Team in the Make Your Move Challenge

Have you signed up for Make Your Move? If not, what is holding you back? We need your support for our team’s success in this 4-week Corporate Wellbeing Challenge starting May 2nd.

Weekly challenge guidance provided by a team of health and wellness experts is a great way to learn how to feel better and improve your wellbeing. The engaging and educational content promoted each week will be coming from a Certified Personal Trainer, Registered Dietitian and Certified Mindfulness Coach. Within these three facets of wellness, you’ll learn how to set goals, engrain daily habits, and reflect to keep progress moving forward even after Make Your Move concludes.

The time is now to Make Your Move to improved health. If helping our team compete against other companies in the community isn’t enough, remember you have the chance to also win individual prizes for your effort! Prizes, details, and the form to create your account can all be found by clicking on the link below.

[Join our company team](https://www.makeyourmovechallenge.com/join-company-team.html) for Make Your Move today to learn from the best this May.

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Subject: Join the Make Your Move Community and Support Wellbeing in our Community!

Make Your Move is a COMMUNITY CHALLENGE built for you and supported by the community. Numerous businesses are competing in the challenge as teams and individuals, and we have the goal of standing out as the top company making moves to embrace a lifestyle of optimal wellbeing.

Join today so you are ready to get moving when the 4-week challenge starts on May 2nd. As a member of our team, you will have free access to a private wellness platform, app and the Make Your Move Challenge. In the process of improving your health and rising on the leaderboard you’ll get expert content from fitness, nutrition, and wellness experts. So no matter what, you are a winner and can use this information to improve your health all year long.

[Join Make Your Move](https://www.makeyourmovechallenge.com/join-company-team.html) and be part of improving the health of our community!